

# TANAMAKOON

IN

## ALGONQUIN



# TANAMAKOON

(Meaning in the Indian tongue "Hail")

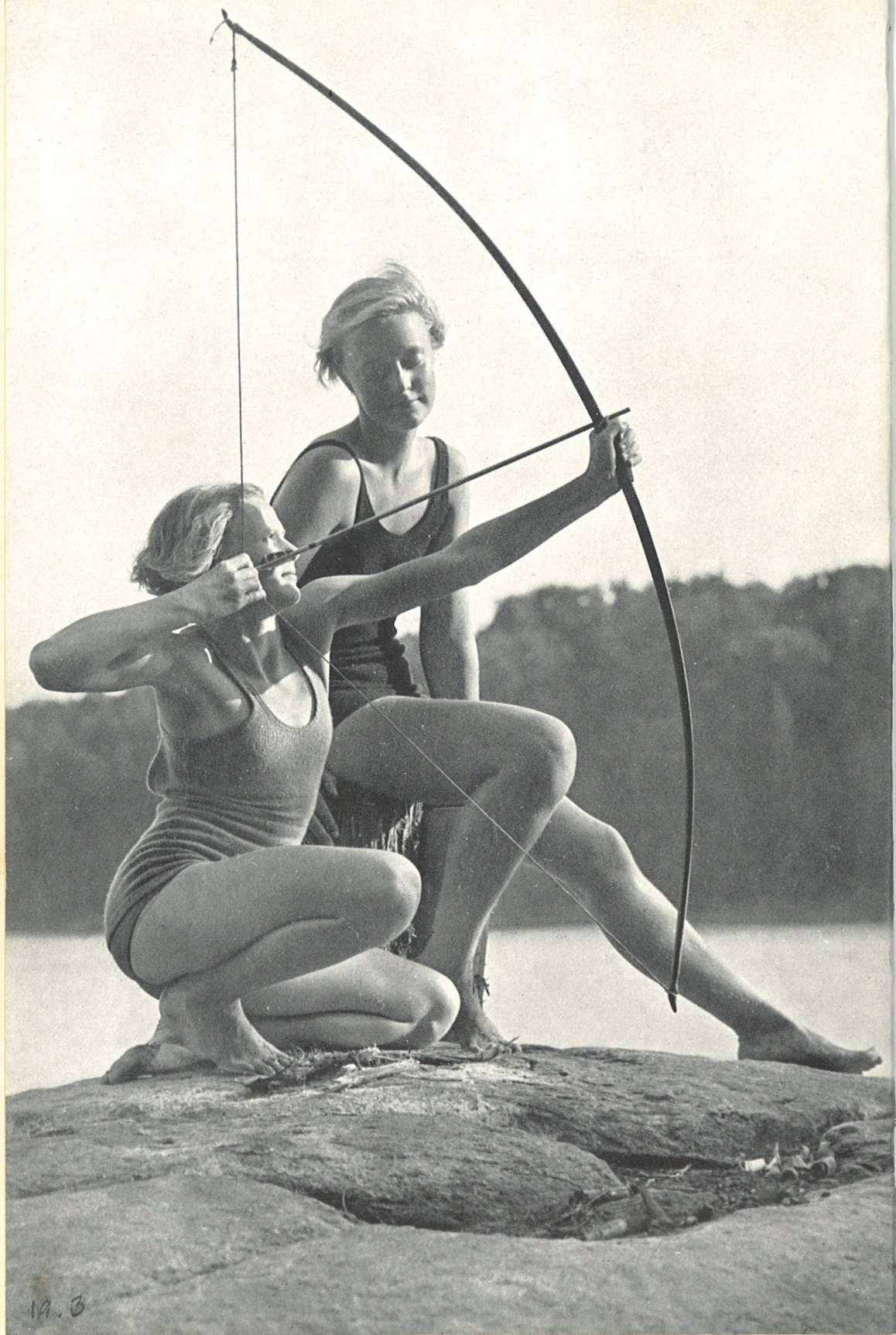
A Summer Camp for Girls  
Algonquin Park, Ontario

Established 1925

Mary G. Hamilton, Director







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## FOREWORD

A SUMMER in camp for your daughter is a matter worthy of your serious thought. Camps are no longer considered luxuries. Through their great contribution to education they have come to be regarded as a definite need in the life of every child; life in the open to complement city life; learning through natural desire as opposed to the prescribed requirements of school; the chance to participate in group and community life; and natural contact with friendly and intelligent leadership.

In choosing a camp for your daughter a great many questions come into your mind. Will she be happy? Will her health be given the same careful consideration that it is at home? Will she be safe from physical harm? What has camp to offer that the city has not? Will she learn things that will be useful later in her life? Will she develop mentally as well as physically? Will there be counselors who are genuinely interested in her? Will this experience of community life provide her with greater self-control and self-confidence? Will she gain greater appreciation of the out-of-doors? What one person is directly responsible for her while she is at camp?

Every parent wants an answer to these questions and it is to provide that answer that, as the person who is directly responsible for each camper, I offer this booklet.

*Mary G. Hamilton*





## In the Heart of ALGONQUIN PARK

with its 1,500 lakes and innumerable rivers and streams Tanamakoon can justly claim an ideal location. It is on the mainland about two and a half miles from Algonquin Park station and the park headquarters, and can be reached either by water or by trail. Situated on the shore of a beautiful lake and surrounded by great forests and hills where bird and animal life has been protected and treasured, there are immediately at hand all the natural requirements for a summer camp. Only a view of the park from an aeroplane can give one an idea of the vast extent of this immense playground with its network of lakes. Canoe trips and every other type of activity suited to the primeval forest become fascinating possibilities.

The **LODGE**, which is surrounded by a spacious verandah, houses the dining room and a large living-room with an open fireplace. Many are the happy evenings spent about the piano there or in front of the fire. Comfortably furnished and excellently constructed screened cabins provide the living quarters. These are located along the shore, and all placed so as to be open to the prevailing winds. Four or five girls live in each cabin.

When you send your daughter to Tanamakoon you are sending her to spend two months in an environment created solely



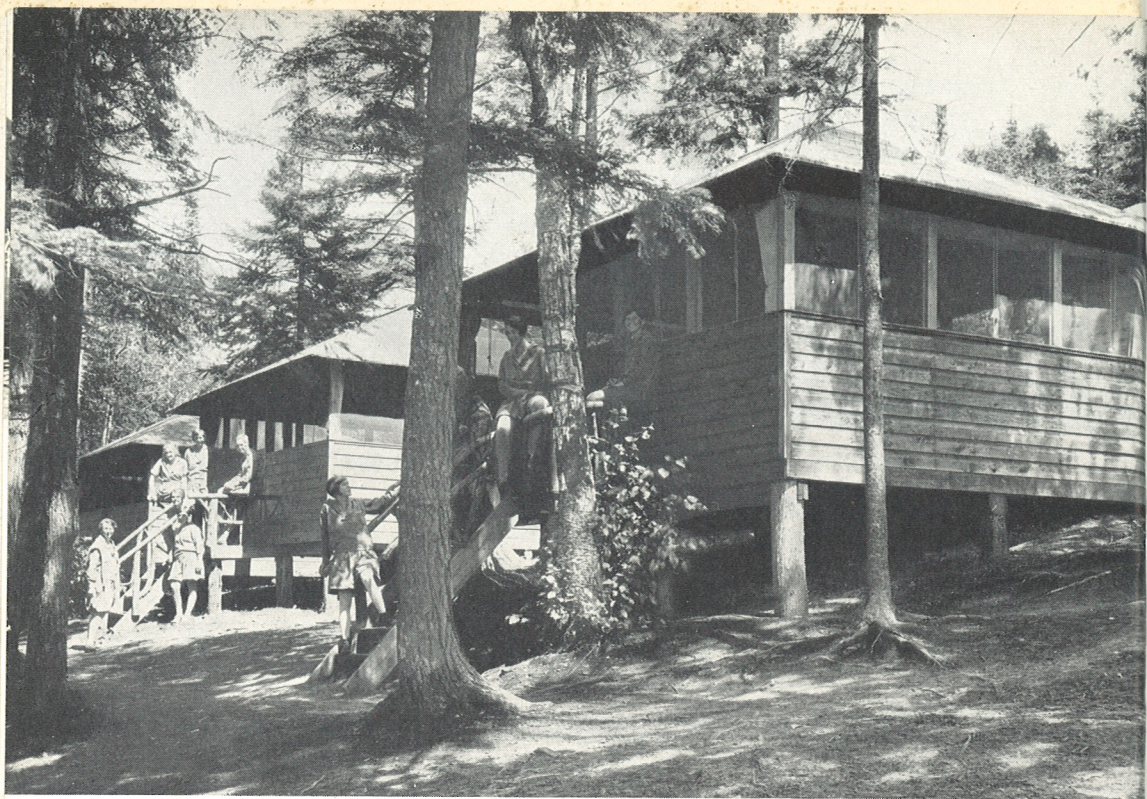
for youth, where her health, safety and happiness are the first considerations, and where she will associate with other girls of her own age and learn to live happily with them. She will be out of doors with the opportunity of taking part in every sport suited to the lakes and forests of Algonquin. She will be encouraged to develop self-reliance and good sportsmanship, independence and resourcefulness. She will have an opportunity to find out and develop her own particular interests. The programme is carefully planned and executed, with the idea that every girl should have each day a sufficient amount of healthful exercise and rest, and the satisfactory experience of achievement.

The camp is under the direct **SUPERVISION** of Mary G. Hamilton, Director of the Margaret Eaton School. Miss Hamilton's wide experience in the activities peculiar to camp life, her intimate knowledge of girls, and the confidence and enthusiasm with which she inspires those under her direction, eminently fit her for this responsible position.

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The **COUNSELORS**, and the average is one counselor to every four campers, have been chosen not only for their particular ability to direct an activity, but also for their interest in children and their love of outdoor life. Each counselor is concerned with the welfare and progress of every child in camp. A spirit of harmonious co-operation between the director and the counselors makes it possible for the slightest maladjustment to be given utmost consideration and the cause sought out and remedied. Each child feels that there is someone sincerely interested in her triumphs and disappointments; someone to talk to and play with. She can put into action her unbounded energy, and acquire skill in sports and other activities, which will provide her with life-long interests. At an age when her ideals are being formed, she will know wholesome good comradeship under the leadership of trained and sympathetic people.

She grows. Everywhere about her are living, growing things to watch. She uses her ingenuity and learns to produce a camp-



fire on a rainy day, to assemble a masquerade costume from a blanket and some brown paper and paint, to create a beautifully coloured and tooled leather portfolio from a rectangle of plain leather, or to reproduce on paper the outlines of a wind-bent tree, growing close to the water. She is surrounded by beauty. She goes for a dawn paddle and, with the rest of the group, sits quietly and watches the mist rise from the lake and the morning sun come up after colouring the whole sky. At the end of the day she watches the first stars appear, and hears the sleepy bird-calls of the night. She sits before a camp-fire and smells the wood-smoke which leisurely drifts up and away. There is no hurry and no clamour, only fun and good companionship. There are countless things to do, other people to do them with her, and best of all, someone to help her learn to perfect herself in them.

The **HEALTH PROGRAMME** of the camper is, of course, of first importance. There is an infirmary in the camp and the staff includes two graduate nurses. A doctor in the immediate vicinity





is called in case of illness of any kind. Every counselor feels that it is her particular responsibility to be on the alert, and to report the slightest sign of indisposition in any camper. A great deal is done, too, in promoting good posture habits, and it has become a matter of pride amongst the campers to sit, stand, and carry themselves correctly.

The meals are planned by a trained dietitian, and include quantities of fresh vegetables, fruit and pasteurized milk, shipped regularly to the camp. An up-to-date sanitary refrigeration system has been installed for all foodstuffs. The drinking water is analyzed regularly and the system of sanitation has been highly endorsed by the Provincial Department of Health.

## ACTIVITIES

Every girl at Tanamakoon learns to swim and to paddle a canoe. The **SWIMMING** is supervised by most competent instructors. There is provision for recreation, as well as for instruction in strokes, stunts, diving, and Royal Life-Saving tests. The campers wear caps coloured according to their swimming ability, and each group has its own particular water-area and its own instructor. The only test required is a proof of the camper's ability to swim twenty-five yards. However, a camper may take as many other tests as her self-satisfaction demands. The facilities for swimming and diving are excellent. The water is pure and clear, and deepens gradually to a safe depth for the diving which is done from graduated boards on the dock and tower. A shallow pool is framed by the two docks and here the beginners are instructed by counselors particularly fitted to teach them.

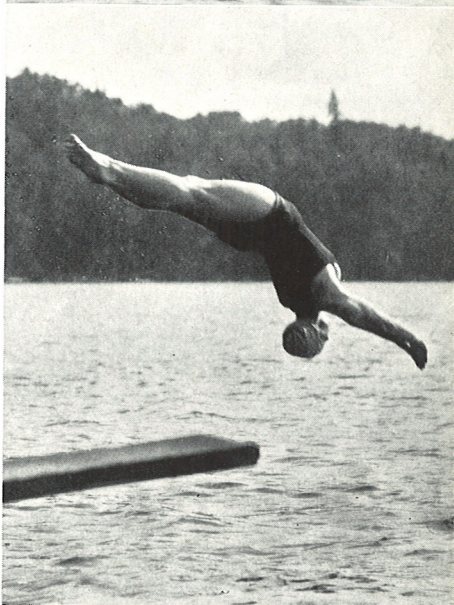
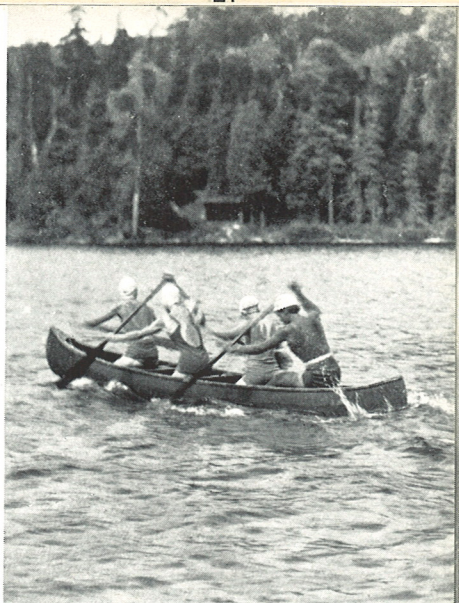
The **CANOEING**, likewise, is under the direction of an expert and her assistants. A camper learns not only how to paddle in the bow, in the stern, or alone in the canoe, but how to manage it in all sorts of weather and in every conceivable



situation. She experiences the joy of repeated rhythmic action, the sense of being master of her craft, and, finally, the thrill of a race. She knows how to get in and out of a canoe, how to right it and drain it when it is overturned, and to handle it with care. Every camper should feel just as much at ease in the water and on it as she does on dry land. Apart from the great physical benefits, swimming and canoeing justify themselves by the self-confidence they promote.

Each camper is required to take paddling and swimming but is at liberty to choose her other activities. The counselor's interest in each girl comes to the fore as she advises and assists her in her choice. If the camper is a new one care is taken to make her familiar enough with everything about camp to be able to discriminate. An experienced camper is urged to become proficient in a variety of things.

**SAILING** is a most popular pastime. Here a girl learns to rig and care for her boat, to know the direction and strength of the wind,







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